

For Your Health

Bassett Army Community Hospital (BACH) at Fort Wainwright and the 3rd Group Medical Center at Elmendorf Air Force Base are the two primary medical treatment facilities for soldiers, family members, and retirees and their families in Alaska. The military also uses a number of civilian hospitals and civilian specialties to provide complete medical care for personnel in Alaska.

Ground has been broken at Fort Wainwright for a new \$215 million hospital, which should be completed in 2006. To augment the hospital's capabilities, the Army also operates a Family Practice and Troop Medical Clinic at Fort Wainwright. The Air Force maintains a medical clinic at Eielson Air Force Base. Patients needing care beyond the capabilities of these treatment

Parents who leave their children with friends while traveling out of the local area should always obtain a limited power of attorney from Legal Assistance authorizing a responsible person to consent to medical care for their children.

MEDDAC-AK is the headquarters for Bassett Army Community Hospital and operates out of Building 4066, right next to the hospital. MEDDAC-AK also operates the Fort Wainwright Community Mental Health Services and the Drug and Alcohol Counseling service. Services provided by this department include individual and family counseling in a wide range of social areas. These include stress management, alcohol and drug abuse therapy and family relations. Information on these services can be obtained by calling 353-6059.

U.S. Army Alaska Medical Care

facilities are referred to an appropriate civilian facility. Patients in the Fairbanks area are transferred to an appropriate facility south of the range or sent to the lower 48 states.

While the 3rd Group Medical Center serves Fort Richardson, the Medical Department Activity-Alaska (MEDDAC) operates a troop medical clinic on post. The city of Anchorage offers the largest number of civilian hospitals and private physicians in the state and is an excellent referral source for military health care providers in Alaska.

Emergency ambulance service is available on a 24-hour basis on all posts and bases in Alaska and in the cities of Anchorage and Fairbanks. To obtain emergency service, dial 911. Personnel should be prepared to provide the name and phone number of person calling, location of patient, number and sex of patients, and the nature of illness or injury. A parent must accompany dependent minors in order to receive treatment of any kind, unless a dire emergency exists.



For Your Health



Fort Wainwright's Bassett Army Community Hospital.



Medical Care at Fort Wainwright

The hub of medical care for the more than 20,000 military beneficiaries north of the Alaska Range, BACH is Building 4065, bordered by Gaffney Road, Neely Street, 9th Street and 602nd Street. BACH services personnel from Fort Wainwright, Eielson and Clear Air Force bases, and all other eligible beneficiaries.

The hospital is staffed with a team of doctors, nurses, soldiers and civilians to provide medical treatment to the eligible beneficiaries north of the range. Services provided at BACH include internal medicine, general surgery, obstetric-gynecological care, otolaryngology (ENT/audiology), orthopedics, anesthesia, optometry, physical therapy, respiratory therapy, radiology, laboratory services, and pediatrics.

Another essential service provided by BACH personnel is Preventive Medicine. This service addresses community health issues, occupational health services, environmental health and industrial hygiene. Preventative Medicine is responsible for all sanitary inspections and some safety inspections for child-care providers on Fort Wainwright. For information, call 353-4148.

BACH also provides dietician and nutrition services to the Fort Wainwright community and employs a staff dietician who can assist personnel with weight reduction information and dietetics counseling. To contact the dietician, call 353-5246.

Most active duty family members at Fort Wainwright use the Kamish Family Practice Clinic and are assigned a Primary Care Manager (PCM) if they

are enrolled in TRICARE Prime. Kamish clinic is located in Building 3406, next to Burger King, on Fort Wainwright.

Urgent medical care is available 24-hours-a-day, seven days-per-week at the Urgent Care Center at Bassett Army Community Hospital. Anyone who feels they need immediate medical attention will be seen in the Urgent Care Center. Patients with minor medical problems or problems of a long-standing nature should be seen by their assigned Primary Care Manager (PCM) during regular duty hours, call 353-4000 for an appointment with your PCM. If you have questions concerning any medical problem, please call the Health Care Information Line (HCIL) at 1-800-822-2878.

Patient Appointments

Bassett Army Community Hospital operates on a centralized appointment system for the Family Practice and Optometry clinics. To make an appointment, call 353-4000. Once appointments have been made, it is important you arrive 15 minutes early.

If you cannot keep your appointment, please call and cancel at least 24 hours prior to your appointment.

This will help to assist clinics in meeting the demand for appointments. If you fail to cancel you will be considered a no-show. To cancel an appointment, call 353-4000.

NOTE: *If your appointment is with a specialty clinic, such as Pediatrics, 353-5151, or Internal Medicine, 353-5286, please call them directly.*

To obtain more information, call the hospital information number at 353-5172 or visit the information desk located in the main lobby. The Patient Representative Officer handles patient complaints in Room 141, Building 4065, and can be contacted at 353-5291.



Courtesy photo



The Fort Richardson community receives its health care from the Troop Medical Clinic and the 3rd Group Medical Center at Elmendorf Air Force Base. Active duty soldiers are members of the Troop Medical Clinic.

be obtained by calling 384-0600, -6677, or -6678. Staff sergeants and below must bring a sick-call slip (DD Form 608).

Family members and retirees receive care at 3rd Group Medical Center,

Richardson civilian employees. Specialty clinic services and all inpatient services are provided by the 3rd Group Medical Center.

Preventive Medicine services include health-risk appraisals, smoking cessation and childbirth classes. Please call the clinic at 384-0600 and ask for the Health Risk Appraisal Nurse or call the Preventive Medicine Section at 384-1401 for information about the available services and classes.

The Community Mental Health Service, providing family advocacy and mental health counseling services, is located in Building 600. To contact, call 384-0327.

After hours emergency care is available only at 3rd Group Medical Center's emergency room. Emergency ambulance service is available by dialing 911.

Medical Care at Richardson

The clinic is conveniently located in Building 604, on Richardson Drive, and is open from 6:30 a.m. to 4:30 p.m., Monday through Friday, with the exception for Thursday morning training. The clinic opens at 1 p.m. Thursdays.

Sick call is conducted by appointment only. An appointment can

located next to the Joint Military Mall at Elmendorf's Muldoon Road gate. To schedule an appointment, including same-day appointments, call 580-6260. Please turn your health records into the 3rd Group Medical Center upon your arrival at Fort Richardson.

The clinic also provides Occupational Health Services to Fort

Dental Care in U.S. Army Alaska

Dental Care in U.S. Army Alaska

In Alaska, comprehensive dental care is provided for all active-duty personnel. Active-duty family members should be enrolled in the Family Member Dental Plan (FMDP) and local preferred providers provide care. A list of local preferred providers can be obtained at your assigned post dental facility. Family members should be enrolled for at least 60 days prior to making an appointment to be eligible for coverage. Responsibility for FMDP enrollment falls on the soldier and should be directly coordinated with the contractor, United Concordia (1-800-332-0366 or email at www.ucci.com).

Fort Wainwright's Troop Dental Clinic is co-located with the Kamish Medical Clinic in Building 3406 on South Gate Road. Clinic hours for routine care are 7:30 a.m. to 4:30 p.m. Monday, Tuesday and Wednesday; 7:30 a.m. to 4:30 p.m. on Friday; and 12:30 p.m. to 4:30 p.m. on Thursdays. Dental sick call is from 7:30 a.m. to 9 a.m. Monday through Friday. The dental clinic is closed for routine appointments on Thursdays from 7:30 a.m. to 12:30 p.m. for military training.



U.S. Army Photo

The telephone number for the Troop Dental Clinic is 353-2917.

Emergency dental care is available 24 hours a day. During normal duty hours, individuals should report to their assigned dental clinic and after duty hours to the Bassett Army Community Hospital Urgent Care Clinic for evaluation and treatment. Acute emergencies, such as uncontrolled, excessive bleeding following oral surgery, facial swellings, fever associated with dental infection, oral lacerations, facial trauma, and sudden severe toothache will be evaluated at anytime, day or night. A parent or guardian must accompany minors

when requesting emergency dental care. (for persons younger than 18 years)

The Fort Richardson Dental Clinic is in Building 634, at Second and B streets. Clinic hours are from 7:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and 12:30 p.m. to 4:30 p.m. on Thursdays. The clinic is closed every Thursday morning for training. The clinic is staffed to provide a broad spectrum of modern dentistry. The dental staff at 3rd Group Medical Center located at Elmendorf Air Force Base is available for specialty referrals as necessary.

Dental sick call at the Fort Richardson Dental Clinic is 7:30 to 9 a.m., with active-duty personnel having first priority. The clinic is open Monday through Friday, with the exception of holidays. Annual examinations for active-duty personnel are by appointment from 12:30 to 3:15 p.m. daily. Emergency care is available after duty hours by contacting the CQ paging system at 275-4530. Inprocessing times are 12:30 to 2:30 p.m. Monday through Friday. Dental clinic telephone numbers are 384-3706 or 3670.